

Steamed Vegetable Medley

Ingredients:

- 1 cup thinly sliced carrot
- 2 cups chopped collard greens, stems removed
- 1 medium onion sliced thick
- 1 cup cubed zucchini (quarter lengthwise and slice about ½ inch thick)

Dressing:

- extra virgin olive oil to taste
- 1 medium clove garlic pressed
- 1 TBS fresh lemon juice
- salt and cracked black pepper to taste
- *optional 1 tsp soy sauce

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots, cover, and steam for 3 minutes. Without removing carrots add collard greens, and steam for another 3 minutes. Then add onion and zucchini and steam for another 3 minutes.
2. Remove from steamer and place in bowl. Toss with dressing ingredients.

For a wonderful variation try steaming a piece of salmon or chicken on top of vegetables for a 1 dish meal that is quick, clean, and healthy.

Serves 2

For the nutritional profile visit:

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=58>

